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AUTHOR	Brazelton, T. Berry
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AVAILABLE FROM	I Am Your Child, 335 North Maple Drive, Suite 135, Beverly Hills, CA 90210 (27-minute VHS videotape, $5 including shipping). Tel: 310-285-2385; Fax: 310-205-2760; Web site: www.iamyourchild.org.
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ABSTRACT

Setting limits is one of the most difficult challenges parents face. In this 27-minute videotape, renowned pediatrician T. Berry Brazelton shows parents that setting limits is not punishment, but rather a loving way to teach a child how to control his or her own behavior. Highlighting parents interacting with their infants and toddlers in a variety of settings, the video notes that children seek limits from birth and that parents begin setting limits when they create caregiving and family routines. Information is included on following topics: (1) why a child looks for limits, highlighting the development of trust and emotional security; (2) techniques for setting effective limits from early infancy, focusing on caregiving and family routines; (3) why a firm but gentle approach is the most effective; (4) managing emotions and avoiding physical punishment; and (5) why the limits children learn in their first few years build a foundation for the rest of their lives. The videotape also discusses parental strategies for dealing with toddlers' negativity and growing independence. The powerful role of growing language and reasoning abilities in 3-year-olds is emphasized, with tips provided for using language to label behavior and explaining why particular limits are set. Other issues discussed include dealing with sibling conflict and teaching children to set limits for themselves. The video concludes with a discussion among a group of parents on dealing with parental anger related to child behavior and spanking. (KB)

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